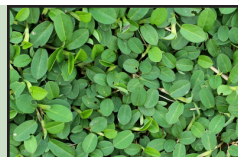


FALL COVER CROP AT-A-GLANCE



ABOUT

- Helps recharge depleted soil
- Stops weed growth & soil erosion
- Improves soil composition
- Buy cover crops as seeds

STATS

- Three main varieties:
 - Grains (annual grasses, rye, barley, oats, and wheat) - Snuffs out weeds and adds in organic matter
 - Legumes (red clover, field peas, soybeans, hairy vetch) - Nitrogen fixers
 - Broadleaves (buckwheat, alysium, mustard) - Shades out weeds and can be easily tilled in

REQUIREMENTS

- Can be grown in any zone
- Most require full sun

PLANTING SEEDS

- Plant about month before first frost
- Pull dead plants and vegetables prior to planting

- Rake soil to loosen first few inches
- Spread seeds by hand or use spreader. Around 1/2-1 lb of crop per 40 sq ft. (varies by crop)
- Lightly rake soil to set seeds
- May cover with 1/2" lightweight mulch
- Water lightly and keep moist until germination
- Germinates varies (e.g., annual rye takes around 7-10 days)

FALL & WINTER CARE

- Little to no work needed in late fall and winter
- Do not allow to come to seed; Mow if too tall
- Crop will go dormant over winter

SPRING CARE

- Crops start to grow when weather warms
- Do not allow to come to seed; Mow if too tall
- 2-4 weeks before planting spring vegetables and plants, pick one of two options:
 1. Turn crop into soil by tilling
 2. Mow crop short and allow to die off, then plant through dead foliage



Simple Garden
Life

keeping the fun in gardening by keeping it simple!